

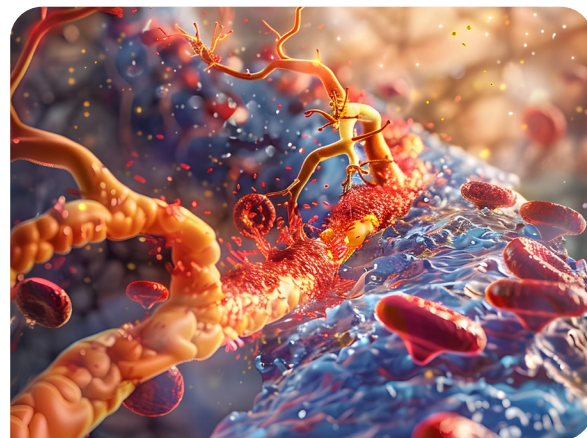


ADVANCING DYSLIPIDEMIA MANAGEMENT THROUGH LIFESTYLE INTERVENTION - PLANT STEROLS AS A CCS-RECOMMENDED STRATEGY FOR LDL-C LOWERING



Wednesday, November 11, 2026
7pm to 8pm

Limited spots
Swipe to register
for free



Your speaker:

John L Sievenpiper, MD, PhD, FRCPC

Member of the CCS dyslipidemia guideline

Diabetes Canada Clinician Scientist

Professor, Departments of Nutritional Sciences and Medicine, University of Toronto

Staff Physician, Division of Endocrinology & Metabolism, St. Michael's Hospital

Scientist, Li Ka Shing Knowledge Institute, St. Michael's Hospital

Nutrition Theme Lead, MD Program, University of Toronto

OBJECTIVES:

1. Review the fundamental principles of non-pharmacological management of dyslipidemia, including dietary approaches, physical activity, tobacco use, e-cigarettes, cannabis, and coffee consumption.
2. Integrate these evidence-based lifestyle interventions into the overall care and cardiovascular risk management of patients with dyslipidemia.
3. Determine which patients in primary and secondary prevention may achieve further LDL-C reduction and cardiovascular risk improvement through targeted lifestyle changes.

RSVP to:

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After you sign up, you will receive a Webex link.